



Weekly Gouge

11 - 19 September 2021
Volume 4 Issue 10

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August 2, 2021

JBM-HH Face Mask Update

According to the Centers for Disease Control and Prevention, Washington D.C. and Arlington County are now "substantial" transmission areas for COVID-19 and the Delta variant. Face coverings are now required in all indoor settings on Myer, McNair and Henderson Hall – regardless of vaccination status. The mask mandate remains in place for all non vaccinated individuals – indoors and outdoors.

JBM-HH remains at Health Protection Condition Bravo. We continue to be focused on protecting the force, preserving readiness and mitigating the risk of transmission among personnel.

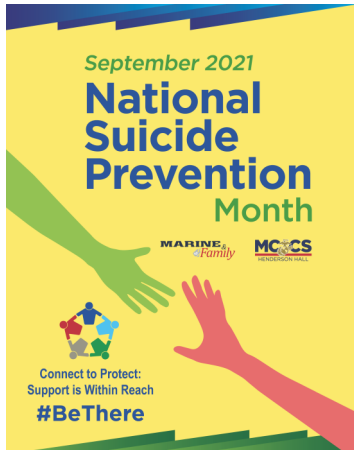


For the more updated information please visit:

[Joint Base Myer-Henderson Hall Notifications](#)

[MCCS Closures, Modified Hours of Operations and Event updates](#)

September 2021 Awareness / Recognition



Suicide Prevention and Awareness Month

Suicide Prevention Day: 10 Sept

National Insider Threat/Cultural Awareness

National Hispanic Heritage Month: 15 Sept—15 Oct

Labor Day Message - 6 Sept

National Day of Service and Remembrance - 11 Sept

H&S BN, HQMC Henderson Hall Marine Corps Birthday Ball



Suicide Prevention and Awareness

Suicide Prevention Month 2021

“Connect To Protect: Support is Within Reach”

#BeThere

“September — Suicide Prevention Month — is a time when the Department of Defense brings added attention to the complex issue of suicide and emphasizes the valuable resources and support available year round. This year, the DoD’s theme highlights the critical role relationships and interpersonal connections to family, friends, the community, and resources can play in preventing suicide.”

(Defense Suicide Prevention Office – 2021)

Please contact your Henderson Hall Behavioral Health Team for counseling or stress management resources or if you would like to schedule an appointment with one of our Counselors.

Henderson Hall Behavioral Health Contact Information

Behavioral Health Branch: (front desk) 703-614-7204

(M-F 0730-1630)

For more resources, please click [here](#).

To view flyers in more detail, please click on the image.

Risks and Warning Signs: How to Help

TOP RISK FACTORS FOR SUICIDES	RISK FACTORS	PROTECTIVE FACTORS	HOW TO HELP SOMEONE IN SUICIDAL CRISIS
<p>65% Access to Lethal Means More than 65% of military suicide deaths involve the use of a firearm</p> <p>Relationship Challenges Approximately 40% of active duty Service members experienced a failed or failing relationship 90 days prior to suicide death</p> <p>Fall from Glory Approximately 30% of active duty Service members experienced administrative or legal problems in the 90 days prior to suicide death</p> <p>Perceived Stigma Hesitancy to access mental health or other support services due to perceived stigma associated with help-seeking</p>	<p>⚠ Lack of belonging and sense of being a burden</p> <p>⚠ Emotional and psychological pain</p> <p>⚠ Inability to deal with stress</p> <p>⚠ Access to lethal means</p> <p>⚠ Mental health problems</p>	<p>✳ Feeling a sense of belongingness and connectedness (e.g., family, friends, trusted peer/adult, community support, or spiritual) and having a purpose</p> <p>✳ Being able to express feelings and having access to care/support</p> <p>✳ Having effective coping, problem-solving and communication skills, and positive thinking</p> <p>✳ Willingness to use a variety of support and care</p> <p>✳ Means reduction and safety planning</p>	<p>✓ Be direct. Talk openly and matter-of-factly about suicide.</p> <p>✓ Be willing to listen. Allow expression of feelings. Accept the feelings.</p> <p>✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.</p> <p>✓ Get involved. Become available. Show interest and support.</p> <p>✓ Offer hope that alternatives are available, but do not offer general reassurance such as "It will get better," or "It could be worse."</p> <p>✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.</p> <p>⊗ Don't dare him/her to do it.</p> <p>⊗ Don't act shocked. This will put distance between the two of you.</p> <p>⊗ Don't be sworn to secrecy. Seek help.</p> <p>Call the Veterans/Military Crisis Line at 1-800-273-8255 (press 1).</p>

Small Steps Save Lives

THINGS TO KNOW	TIME & DISTANCE	HOW TO HELP
<p>65% More than 65% of military suicide deaths involve the use of a firearm.</p> <p>↑ Having access to a firearm during a suicidal crisis increases the lethality of an attempt.</p> <p>X If someone is at risk, encourage safe storage of firearms until the crisis has passed. It's like holding on to a friend's keys when they have had too much to drink.</p> <p>4x Unsafe storage of firearms can increase risk of suicide up to four times.</p> <p>People rarely substitute one method of suicide for another. In the moment of crisis, if a firearm is safely secured, it's unlikely the person will look for another method.</p>	<p>Putting time and distance between a person going through a stressful time and a firearm may save a life for three reasons:</p> <ol style="list-style-type: none"> 1. A suicidal crisis is often brief. 2. The act of suicide can be impulsive. The time a person goes from thinking about suicide to acting on it can be less than 10 minutes. 3. 90% of those who attempt suicide and survive don't attempt suicide again. If someone you know is at risk, help keep firearms away from them. They are unlikely to walk away from an attempt when using a firearm. <p>Be there and be alert to signs of suicide in family and friends including:</p> <ul style="list-style-type: none"> - Changes in usual patterns of behavior - Self-isolation - Increased use of alcohol or drugs - Expression of feelings of hopelessness 	<p>Safe Storage Options</p> <ul style="list-style-type: none"> ✓ Cable Lock: Prevents a firearm from being loaded and fired. ✓ Gun Case: Provides a storage solution that secures, conceals, protects, and legally transports a firearm. ✓ Lock Box: Provides reliable security for firearms. ✓ Full Size Safe: Allows you to store multiple firearms in one place. <p>Safe Storage Tips</p> <ul style="list-style-type: none"> ✓ Ensure firearms are stored unloaded. ✓ Secure the firearm outside the home with a trusted friend or relative or use storage facilities. ✓ Use a gunlock or safe if you must secure a firearm inside the home. ✓ Store firearms and ammunition separately. ✓ Keeping your firearm locking keys secure by using a combo lock box or in a separate safe. <p><i>Small Steps Save Lives – safely store firearms at all times to protect yourself, your family, and your friends.</i></p>

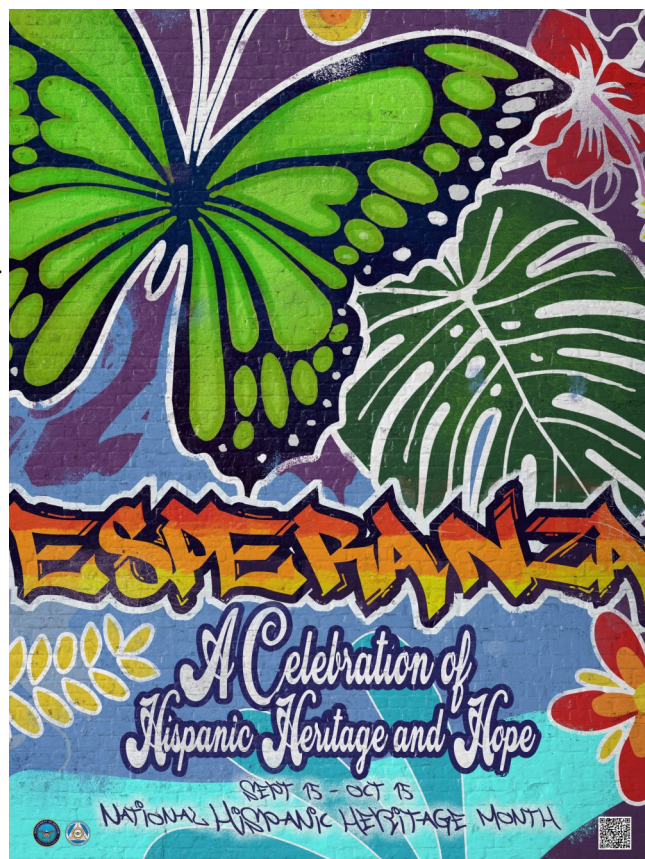
2021 National Hispanic Heritage Month

DEOMI 2021 National Hispanic Heritage Month

This year's theme is: *Esperanza: A Celebration of Hispanic Heritage and Hope.*

National Hispanic Heritage Month pays tribute to the generations of Hispanic Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America, and who have positively influenced and enriched our nation and society. The observation was enacted into public law on August 17, 1988, under President Ronald Reagan, since then it has been celebrated from September 15 to October 15.

To view DEOMI Hispanic Heritage Month News Release, please click [here](#).



Call for Participation in the Virtual 2021 National Latina Style Symposium

[MARADMIN 467/21: Call for Participation in the Virtual 2021 National Latina Style Symposium](#)

LATINA Style, Inc., will virtually host the 18th Annual National LATINA Symposium (NLS) on 23 September 2021. Manpower and Reserve Affairs' (M&RA) Opportunity, Diversity, and Inclusion Branch (MPE) will sponsor all Marine Corps participants for this event.

The mission of LATINA Style is to empower, develop, and highlight Latina professional working women, entrepreneurs, and military service members throughout the country. They focus on all areas of endeavor including business, corporate America, science, education, civic and political affairs, and the military. LATINA Style is a bridge builder between the Hispanic community and other diverse populations and professional groups. National LATINA Style will also host a virtual awards ceremony honoring deserving Latina military service members. More information can be found on the National LATINA Style Symposium website at www.nls.latinastyle.com.

Please read the MARADMIN above for registration and more information.

S-3 Training: COVID Vaccine Mandate, CFT schedule, and PAC training

COVID Vaccine Update:

[MARADMIN 462/21](#) was published on 1 September 2021, mandating all Marines be fully vaccinated within 90 days for active duty and 120 days for Reserve Component Marines. The MARADMIN is shared below for full details. Additional guidance and implementation process is forthcoming however Marines may voluntarily receive any vaccine to meet this requirement. Contact the battalion corpsman for additional questions.

JBM-HH is offering COVID-19 vaccines on walk-in basis to all eligible personnel.

Please contact the S-3 (hnhl_s3_training@usmc.mil) in order to sign up for upcoming Rifle or Pistol Ranges.

CPP (1 Day Pistol Range for Expert/Sharpshooters): Pending FY22 schedule

APT (3 Day Pistol Range): Pending FY22 Schedule

ART (Rifle Range): Pending FY22 Schedule

Due dates for nominations and more information are posted [here](#). Contact MSgt Greenlee for questions.

[MARADMIN 442/21](#) reiterates the requirement for all military and civilian personnel with government computer and network access to complete FY2021 cyber awareness training. Please see the MARADMIN for more details and instructions on completing the training.

****Forthcoming Changes to the Physical Fitness Test (PFT): [MARADMIN 404/21](#)

- Starting 1 January 2022, time required to achieve the maximum points on the plank will be 3 minutes and 45 seconds. The time required to achieve the minimum points on the plank will be 1 minute and 10 seconds.
- Effective 1 January 2023, the plank will replace the abdominal crunch for the PFT.
- There is one scoring table for both male and female Marines.
- MCO 6100.13A W/CH 3 will be revised to reflect this change.
- [DVIDS - Video - PFT Plank Instructional video \(dvidshub.net\)](#)

CFT Schedule: All CFTs will be conducted at the Joint Base Myers – Henderson Hall LZ located adjacent to the CDC and AFFES Exchange.

Sep: 10, 24 (at 0700)

Oct: 5-8, 22, 30 (at 0800)

Nov: 4, 19 (at 0800)

Dec: 3, 10, 15-17 (at 0800)

Command Physical Training Representative (CPTR)/Monitor Briefs are held on the 2nd Tuesday of each month at 0900 in the S-3 Conference Room.

To view more information, please click [here](#).
703-614-1471
HNHL_S3_Training@usmc.mil.

Welcome Aboard Brief



Welcome Aboard Orientation is designed to inform new joins of all programs and benefits available them in the National Capital Region. Set Aside Program, Child Care Subsidy programs, Mass Transit Benefits, Single Marine Program, Marine Corps Exchange, TriCare, Life Long Learning just to name a few.

Joseph Rosenthal Theater
Tuesday, 28 September 2021
0800-1030

For more information or questions, please contact Mr. Willie Acevedo, Relocation/Information & Referral, at 703-693-9197 or email william.acevedo@usmc.mil.

School Liaison Program

The Henderson Hall Marine Corps School Liaison is here to serve military families, commands, schools and the community located in the National Capital Region. The program provides support for transitioning students in grades K-12 due to the mobile military lifestyle:

- * Information on local schools (public, private and charter)
- * Homeschooling requirements
- * Marines Mentoring Program
- * Special Education (Check out www.wrightslaw.com for additional support on this topic)
- * High School graduation requirements Post-secondary preparation Tutoring resources

Military Interstate Children's Compact (The Compact addresses key educational transition issues encountered by military families including enrollment, placement, attendance, eligibility and graduation.)

Click the image to view flyer.

School Liaison Officer
Mrs. Amy Fishman
(703) 693-8378
Amy.Fishman@usmc-mccs.org

tutor.com
tutor.com/military

HOMEWORK HELP
 For U.S. Service Members & Children

Set Your Sights on Academic Success

EXPERT TUTORS AVAILABLE AROUND-THE-CLOCK
 Work with a live subject matter expert 24/7 from any internet-connected computer or mobile device.

40+ SUBJECTS, ALL SKILL LEVELS
 From math and science to English and history, get tutored in more than 40 subjects, grades K-12 through college.

MORE THAN JUST THE BASICS
 Improve writing skills, take practices quizzes, get help with AP® subjects, prep for tests, polish resumes and more.

Military life comes with many challenges—education should not be one of them.

tutor.com/military is funded by the U.S. Department of Defense and Coast Guard Mutual Assistance to provide on-demand online tutoring at no cost to eligible students. Go to **tutor.com/military** to watch the "How it Works" video and create an account today.

TUTORING THAT WORKS FOR YOU

- **Expert help at no cost.** Active duty service members, their grades K-12 children and other eligible students can use this program for free.
- **Real-time help on demand.** A student can connect to a tutor within minutes. Students can also designate favorite tutors, store documents in their virtual "locker" and review previous sessions.
- **Personalized support.** Each tutoring session is between one student and one tutor who helps the student learn, complete homework assignments, improve writing skills, prep for tests and more.
- **Engaging learning environment.** The interactive online classroom features a whiteboard, easy-to-use tools, instant text messaging and file sharing.
- **Peace of mind.** A student and a highly vetted tutor work together anonymously in the secure online classroom.

Tutor.com for U.S. Military Families is funded by the U.S. Department of Defense (DoD) Military Library Program, the DoD Navy General Library Program and Coast Guard Mutual Assistance (CGMA). Access to Tutor.com/Military for DoD Active Duty service members is a DoD Pilot Program of limited duration, funded by the DoD Voluntary Education Program. Those who fund the program determine eligibility for its use. Long-term availability of the program is not guaranteed. The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement. All is a trademark registered and owned by the College Board, which is not affiliated with and does not endorse this product.



militarysupport@tutor.com blog.tutor.com [TutordotcomForMilitary](https://www.youtube.com/TutordotcomForMilitary) [Tutor.com/Military](https://www.youtube.com/Tutor.com/Military)

Command Safety Office

Volume 2, Issue 8

Safety Checks Sept. 2021

Henderson Hall Safety "Safety Checks"

Make the right decisions! Your family, your leadership, and fellow Marines are counting on it!



Special points of interest:

- Electrical Safety
- Baby Safety
- Proper PPE

Inside this issue:

Electrical Hazards	2
Baby Safety Month	3
PPE - At Home	4
Suicide Prevention	5
How to safely avoid Hydroplaning	6



From the Director of Safety

Leaders, Marines, Civilians and Family members,

Labor weekend will conclude our 101 Days of Summer Safety campaign. However, Safety NEVER stops - its continuous! We all must continue to "make the right decisions" and stop taking shortcuts!

Break: Commanders and Leaders, please ensure that you conduct your pre-Labor Day safety briefs and complete your vehicle inspections for out of bounds travelers.

R/S, Your Command Safety Office

Labor Day / End of Summer

Labor Day is historically the end of summer, so most people want to make the most of the holiday and have that last weekend at the beach, the lake, or a last picnic / BBQ. We will provide you with some tips to help everyone have a safe holiday celebration.

September is Suicide Prevention Month, and Baby Safety month, so we have included some information on these topics. In this issue we will also include safety tips for the home front i.e. Electrical safety and Personal Protective Equipment. And, on page 6 of this newsletter, you will find information on how to avoid hydroplaning while driving in the rain.

However you decide to celebrate this upcoming holiday, please continue to keep social distancing, washing your hands / using hand sanitizer, and keep wearing your masks / face coverings. Enjoy the holiday and the month of September. Stay safe and healthy!



Henderson Hall Safety:

[September Safety Newsletter](#)
[Newsletter](#)

[Family Safety & Health Magazine](#)

(click above to view magazine)

Password:

Fall2021

The Command Safety Office has prepared our "Safety Checks" to support your safety discussion / briefs with your Marines before the upcoming Labor Day holiday.

We are providing our "September Safety Checks Newsletter" as well, to help safeguard you, your family, and fellow Marines, Sailors, and Civilians. This edition of the newsletter includes information about Electrical Safety, Baby Safety Month, PPE at home, Suicide Prevention, and how to avoid hydroplaning on those rainy day drives.

We are also including the latest edition of the Naval Safety Center's Lessons Learned, which provides information about "On-Duty Firearm Negligent Discharges".

[Labor Day 2021 Safety Checks](#)

[NSC Lessons Learned 21- 24 On Duty Firearm Negligent Discharges](#)

[NSC Lessons Learned 21- 22: Afloat Tug Related Mishaps](#)

[NSC Lessons Learned 21- 23: Physical Training Injuries](#)

[NSC Lessons Learned 21-09 : SSIR Formation Flight Midair Collision](#)

[NSC Lessons Learned 21-18: Heat-Related Mishaps](#)

[HH 4th of July Safety Checks 2021](#)

[NSC Lessons Learned 21-16: Fireworks Mishaps II](#)

[NSC Lessons Learned 21-15 Motorcycle Mishaps](#)

[NSC Lessons Learned 21-14 E-Scooters](#)


[NSC Lessons Learned 18-18 Why Don't We See Motorcycles](#)

[HH Hurricane Safety Checks](#)

R/S,

SAPR Annual Training

SAPR is adding additional virtual training dates to complete out the FY.



**Sexual Assault
Annual Training**

E1-E3
VIRTUAL TRAINING DATE:
@ 0930
10 Aug
17 Sept

E4-E5
VIRTUAL TRAINING DATE:
@ 1030
10 Aug
17 Sept

<https://meeting.marinenet.usmc.mil/hhtakeastand/>
Priscilla Willett, SARC
Cell 202-439-5827
Priscilla.willett@usmc.mil

E1-E3

VIRTUAL TRAINING DATE:

17 Sept

@ 0930

<https://meeting.marinenet.usmc.mil/hhtakeastand/>

E4-E5

VIRTUAL TRAINING DATE:

17 Sept

@ 1030

<https://meeting.marinenet.usmc.mil/hhtakeastand/>

E6-O6

VIRTUAL TRAINING DATE:

Sept 21, 23, 28, 30

@1000

Via Adobe Connect

<https://meeting.marinenet.usmc.mil/hhsaprannualtraining/>

SAPR and UMAPIT Annual Training

VIRTUAL TRAINING DATES:

E6-O6

@1000

Aug 5

Aug 12

Aug 26

Aug 31

Sept 2

Sept 21

Sept 23

Sept 28

Sept 30

Via Adobe Connect

<https://meeting.marinenet.usmc.mil/hhsaprannualtraining/>

Priscilla Willett, SARC

Cell 202-439-5827

Priscilla.willett@usmc.mil

The Military District of Washington: High Holiday Services

Open to authorized DoD Personnel and Family

The Military District of Washington: High Holiday Services:
(September 2021 Schedule)

Rosh Hashana services

Yom Kippur services

Sukkot services

Simchat Torah services

SERVICES ARE HELD IN THE FORT BELVOIR CHAPEL

Please remember that according to Army Regulation and the US Code, anyone who has legal access to Fort Belvoir is welcome to attend religious services, but priority will be given to current military members, DOD Civilians, retirees, and their families.

To register and for more information, please click [here](#).

Hebrew School for the Whole Family

October 6—November 17

Wednesdays at 1800 (6pm)

To view the flyer and for more information, please click [here](#).

**THE MILITARY DISTRICT OF WASHINGTON
HIGH HOLIDAY SERVICES**

Rosh Hashana services
Monday, September 6, 2021 at 1900
Tuesday, September 7, 2021 at 1000 Shofar
Wednesday, September 8, 2021 at 1000 Shofar

Tashlich by the River
Wednesday, September 8, 2021 at 1900

Yom Kippur services
Wednesday, September 15, 2021 at 1900
Thursday, September 16, 2021 at 1000 Yizkor
Thursday, September 16, 2021 at 1800

Sukkot services
Monday, September 20, 2021 at 1900
Tuesday, September 21, 2021 at 1000
Wednesday, September 22, 2021 at 1000

Simchat Torah services
Monday, September 27, 2021 at 1900
Tuesday, September 28, 2021 at 1000 Yizkor
Tuesday, September 28, 2021 at 1930
Wednesday, September 29, 2021 at 1000

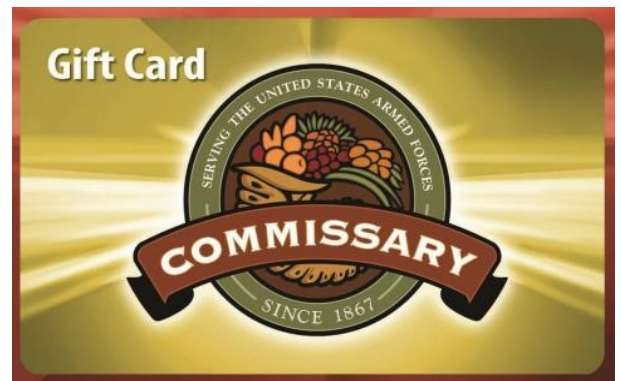
Register now by clicking here
or by scanning this code

**AT THE BELVOIR CHAPEL
ALL ARE WELCOME!**

FOR MORE INFORMATION PLEASE CONTACT
THE FORT BELVOIR JEWISH ACTIVITIES COORDINATOR AT
BAILA-Z.STERN.CTR@MAIL.MIL

Welcomed a Newborn?

The Chaplains Office has commissary gift cards for those E6 and below members who have recently welcomed a newborn into the world. It can be used for diapers, formula, whatever can be purchased at the commissary for use in caring for your new young one. Please contact us at jonathan.maruszewski@usmc.mil or chelese.bowman@usmc.mil for more information.





We help single parents raise healthy kids.



We join the journey

Because we have walked in their shoes, we journey with single parents through both the challenges and victories.



We build authentic community

We create support groups online, in local churches and in the US military.



We empower parents

We produce weekly podcasts, daily devotions and resources to help single parents in the areas they struggle with the most.



We advocate

We raise awareness and speak out for the specific challenges single parent families face.



We equip churches

We provide resources and coach local churches to better serve the needs of single parents.



We support

We connect the needs of single parents to local churches to provide real support locally.

OUR MISSION

We help single parents raise healthy kids by encouraging, equipping, and empowering them. We do this so they can better love themselves, their families and their Creator. We mobilize churches, companies, and communities to do the same to help these families thrive.



GROUP INFORMATION

If you are a single parent... YOU BELONG HERE!

Solo Parent Society is a group of single moms and dads meeting weekly for connection, understanding, and support. We meet online and, as available, in person.

This is a time to connect, learn, and share to ultimately be a community doing life together. Everyone chooses how they will participate: join the conversation or just listen.

If you are interested in joining the JBM-HH Solo Parent Program – contact Chaplain Maruszewski at (703) 614-9280 or stop in to bldg. 29 Chapel.

HH Chapel Prayer Service



RELIGIOUS SERVICES at MEMORIAL CHAPEL

Saturdays

5:00 pm Catholic Mass **

Sundays

All weekly Sunday services are also streamed LIVE on our Facebook page:

facebook.com/jbmhhro/

8:30 am Catholic Mass **

10:30 am Protestant Service

12:30 pm Gospel Service

2:30 pm Samoan Service ***

** Registrations no longer required. Please visit the JBM-HH Military Catholic Community's website for more information and details about their community: jbmhhmcc.com

*** First Sunday of each month ONLY.

Beginning 12 July 2021, the HNHL chapel will be available as usual for a prayer service at 0700 and will continue every Monday throughout the summer/fall. If you are interested – feel free to stop in to pray/meditate. We will open each prayer service with a short devotional from the book “Draw the Circle” which will be our guide and available for free throughout the summer/fall. If you telework or are unable to come in to the chapel but would like to attend virtually, we will have a zoom link available. Please reach out to the Battalion Chaplain, LT Jonathan Maruszewski at jonathan.maruszewski@usmc.mil or (703) 614-9280 if you would like more details.

FY 21-22 NDW CREDO Retreats

Marriage Enrichment Retreat

"Give your relationship the gift of interpersonal tools used to grow a more satisfying marriage."

September 24-26, 2021

Active Duty Military, Guard and Reserves are welcome. For more information, contact CREDO NDW at Credo.NDW@Navy.Mil or (202) 404-8831. Registration is required.

Meals, lodging, and parking are at no cost to the participants. Learn more about CREDO NDW at www.facebook.com/NDW-CREDO

Personal Resiliency Retreat

"Increase self-awareness, enhance wellness, and deepen your sense of purpose. Remain productive and positive when faced with stress, uncertainty, and change."

October 15-17, 2021

Military and (immediate family) dependents are welcome. For more information, contact CREDO NDW at credo.ndw@navy.mil or (202) 404-8831. Registration is required.

Meals, lodging, and parking are at no cost to the participants. Learn more about CREDO NDW at www.facebook.com/NDW-CREDO.

For more information regarding the events above, please click [here](#).

New Parent Support Group: Baby Bootcamp

Having a baby is both an exciting as well as scary experience as they don't come with instruction manuals. Many times parents are at a loss as to what to do when their newborn comes home from the hospital.

LIVE at Henderson Hall, Bldg 12

Friday, September 24

9:00 a.m. - 1:30 p.m.

Baby Boot Camp is an all-day class designed to help alleviate some of that stress by teaching parents information that they will need for the first few weeks at home. The class covers such topics as:

- Diapering
- Bottle and breastfeeding
- How to soothe a fussy infant
- Safe sleep
- When to call the doctor
- And more...

You don't have to be a first time parent to participate in the class, and it is recommended that parents attend when they are in the 3rd trimester of pregnancy.

Please call 703-614-7204, 703-614-7208 or 703-693-1160 to register.



BABY BOOT CAMP

Baby Boot Camp is an all-day class designed to teach parents all that they will need for the first few weeks at home with their infant. The class covers such topics as:

- DIAPERING • BOTTLE AND BREASTFEEDING
- HOW TO SOOTHE A FUSSY INFANT • SAFE SLEEP
- WHEN TO CALL THE DOCTOR • AND MUCH MORE!

LIVE at Henderson Hall, Bldg 12
9:00 am - 1:30 pm
Friday September 24
Register by calling 703 614-7204

New Parent Support Program
703-614-7204
mccsHH.com/npsclasses.html

MARINE & Family **MCCS**
HENDERSON HALL

Exceptional Family Member Program

HENDERSON HALL EFMP TEAM
 Email: efmphp@usmc.mccs.org
 Website: mccshh.com/

EFMP Staff:
 Michael Flaherty, Program Manager: 703-693-6168
 Amy Proce, Family Case Worker: 703-693-6510
 Davina Hardaway, Family Case Worker: 703-693-4172
 Crissy Johnson, Training, Education, & Outreach Specialist: 703-693-5353
 Christina Chipman, Administrative Specialist: 703-693-7195

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 Pg. 13: Craft of the Month

Click on the links below for more information:
<https://www.nhtsa.gov/road-safety/school-bus-safety>
<https://www.nhtsa.gov/road-safety/school-bus-safety>

EFMP SERVICES
 + Family support/case management (including deployment support)
 + Informed assignment screening
 + Special housing consideration (HQM EFMP)
 + EFMP attorney assistance
 + Resources and referrals
 + Support at IEP meetings
 + Eligibility for Tricare ECHO (with qualifying conditions)
 + Transition assistance (Warm Hand-off)
 + Workshops and trainings
 + Lending library
 + Loan locker
 + Respite Care Reimbursement Program
 + Family Needs Assessment (FNA) and Service Plan (SP)

Click on the image to view newsletter

EFMP Meet and Greet

EFMP staff is holding virtual meet and greets with serviced locations.

11:30 a.m. – 12:30 p.m. with the exception of Walter Reed, 4th CEB, Anacostia, and Ft. Detrick which will be held on September 15 from 1:00 p.m. – 2:00 p.m.

Adobe Connect information:

9/13: <https://meeting.marinenet.usmc.mil/efmp-meade/>

9/14: <https://meeting.marinenet.usmc.mil/efmp-hh/>

9/15: <https://meeting.marinenet.usmc.mil/efmp-units/>

9/16: <https://meeting.marinenet.usmc.mil/efmp-mbw/>

9/17: <https://meeting.marinenet.usmc.mil/efmp-pax/>

For more workshops and information, please click [here](#).

Trust Talk Tuesday (ZOOM meeting)

Date: **September 14, 2021**

Time: **10:00 am - 11:30 am**

These small group discussions will focus on Special Needs Trusts and futures planning. Tia Marsili, Director of Trusts at The Arc of Northern Virginia, will walk you through the importance of planning for the future of your loved one with a disability, why trusts are important, and other critical services and programs and benefits that you should consider.

Please register [here](#).

Note: Due to COVID-19, this is a Zoom virtual meeting rather than in-person meeting.

Moms in Motion Virtual Workshop: Medicaid Waivers

Date: **Thursday, September 16, 2021**

Time: **11:30am - 12:30pm, Virtual**

Join us for a virtual collaborative workshop offered virtually with subject matter experts Moms in Motion, Ft. Myer Army EFMP and Henderson Hall Marine and Family Programs EFMP.

This workshop will discuss Medicaid waivers, and go into detail about special concerns EFMP enrolled Military families might have. This workshop is for active duty military and dependents only. To R.S.V.P., contact (703) 693-5353 or (703) 696-0783.

Joint Base Myer -Henderson Hall “Myer Flyer” Schedule– Route #9



Welcome back
JBM-HH Myer Flyer!

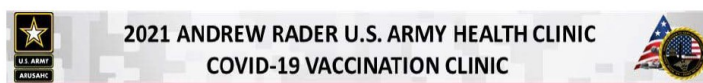
The Myer shuttle service, between Myer, Henderson Hall and the Pentagon, has resumed. Please keep in mind that riders will be required to show their CAC or military ID to the shuttle driver.

Face coverings will be required for all riders; and only a maximum of 50 percent of passengers will be allowed on the bus at this time.

Food or drink are not authorized while on the bus.

Joint Base Myer-Henderson Hall “Myer Flyer” Shuttle Schedule — Route 9

JBM-HH and Andrew Rader Clinic COVID Vaccines



- **COVID-19 Vaccination Campaign Update:**
The COVID-19 vaccination clinic has moved to the Andrew Rader Clinic **Readiness Section**
- **WHO:** All Active Duty, eligible Tricare beneficiaries age 18 and up, and eligible DoD Civilians/contractors.
- **WHEN:** Monday through Thursday from 8am to 2:30pm by appointment only. There is no walk-in availability.
- For additional updates on the Joint Base Myer Henderson Hall Covid-19 Vaccination campaign, please call our automated hotline at **703-696-2994**.

HOW: COVID-19 Vaccines are appointment only. There are two ways to schedule an appointment.

- Visit the ARUSAH COVID-19 Vaccine Appointment Portal at <https://informatics-stage.health.mil/RaderCOVIDApp/> or Through Tricare online at <https://www.tricareonline.com>



JBM-HH has shifted vaccination efforts to the Radar Clinic Vaccine clinic.

You may also schedule an appointment by visiting the below websites.

Visit the ARUSAH COVID-19 Vaccine Appointment Portal at <https://informatics-stage.health.mil/RaderCOVIDApp/> or through Tricare online at <https://www.tricareonline.com>.

Cpl Terry L. Smith Gym and Zembiec Pool Hours



Smith Gym Operational Times
Effective August 16, 2021
100% ID Check will be in effect.

Monday - Friday
Open 5:00am - 7:30pm

Saturday - Sunday
Open 8:00am - 2:00pm

Open to DoD ID card holders
Only 70 patrons will be allowed inside the facility at a time.
Availability will be on a first come first served basis.
We ask that all workouts do not exceed 1 HOUR. Unit training reservations and recreational usage of the facility is prohibited. Locker rooms and showers ARE OPEN.
The H.I.T.T. facility will be closed. Group workouts are prohibited.

Gym Front Desk
703-614-7214



Basketball court is closed
MASKS ARE REQUIRED

Open to DoD ID card holders (Active Duty, Civilians, and Retirees. No guest allowed.)

Only 70 patrons will be allowed inside the facility at a time.

- **Availability will be on a first come first served basis. We ask that all workouts do not exceed 1 HOUR.**
- **Unit training reservations and recreational usage of the facility is prohibited.**
- **The H.I.T.T. facility will be closed. Group workouts are prohibited.**
- **Smith Gym Locker Rooms and showers are now OPEN!**

Monday - Friday
6:00am-7:00pm

Saturday - Sunday
8:00am - 2:00 pm

CLOSED holidays.

Zembiec Pool is now OPEN . Adult lap and open swim is available all day.
Youth lap and open swim hours are 8 a.m. to 5 p.m.

Basketball court is CLOSED.

MASKS ARE REQUIRED.

Golf With Us!

GOLF WITH US!
MAY - OCTOBER 2021

*E-5s and below: Golf Clubs can be checked from HH Outdoor Recreation for **FREE***

DATE	PLACE	RESERVATIONS BY
May 21, 8:30 AM	Medal of Honor Golf Course, MCB Quantico	May, 14
June 25, 8:30 AM	Forest Greens Golf Club, Triangle, VA	June, 18
July 16, 8:30 AM	Lee's Hill Golf Club, Fredericksburg, VA	July, 9
August 20, 8:30 AM	Somerset Golf Course, Locust Grove, VA	August, 13
September 24, 8:30 AM	Medal of Honor Golf Course, MCB Quantico	September, 17
October 22, 8:30 AM	Gauntlet Golf Course, Fredericksburg, VA	October, 15

NCOs and below: \$25 | Officers, SNCOs, and Retirees: \$50 | DOD Civilians: \$65

Join your friends and colleagues on the greens one Friday a month May to October! Golf With Us and we provide a round of golf, fees, cart and a delicious lunch - all for one AMAZING price. You provide the camaraderie and fun!

Visit: www.mcchh.com/GolfWithUs for the link to register and pay
Call 703-697-2706 for more information

Semper Fit is committed to providing reasonable accommodations upon request. Please contact us at 703-697-2706 at least one (1) week in advance of event. Open to DoD ID card holders and their guests.

Join your friends and colleagues on the greens one Friday a month May to October! Golf With Us and we provide a round of golf, fees, cart and a delicious lunch - all for one AMAZING price. You provide the camaraderie and fun!

E5 & below Golf Sets can be checked from Henderson Hall Outdoor Recreation for Free.

NCOs and below: \$25 | Officers, SNCOs, and Retirees: \$50 | DOD Civilians: \$65

September 24, 2021
Somerset Golf Course, Locust Grove, VA
Register by September 17, 2021

Click [here](#) to register and pay or call 703-697-2706 for more information.

Semper Fit is committed to providing reasonable accommodations upon request. Please contact us at 703-697-2706 at least one (1) week in advance of event.

Open to DoD ID card holders and their guests.

Semper Fit: Devil Dog 5K

The 2021 OohRah Run Series at Henderson is proudly hosting the 11th Annual Devil Dog 5k. The race will begin across from Terry L. Smith Gym and take runners through all of the sights of Joint Base Myer-Henderson Hall and end back at Smith Gym for our Post Race Awards Ceremony.

Devil Dog 5K Race
Friday, September 17
7:00 am
Cpl Terry L. Smith Gym
Joint Base Myer-Henderson Hall
Register online NOW

On Behalf of Marine Corps Community Services & Semper Fit we welcome you to be a part of our healthy lifestyle events and compete with your fellow friends, family and Service Members!

- Check-in and late registration on site starting at 5:45 am.
- Registration closes at 6:30 am.
- Top three male and female finishers receive medals.
- For more information, please call 703-614-6332.

Registration by 11:59 pm, 15 September

Click [here](#) to register.

DEVIL DOG 5K

HENDERSON HALL
Friday, September 17
7:00 AM
Cpl Terry L. Smith Gym
Joint Base Myer-Henderson Hall

Register online NOW
through 11:59 PM September 15
www.mcchh.com/OohRahRunSeries
On-site registration open 5:45 - 6:30 AM.
Call 703-614-6332 for more information.

Semper Fit is committed to providing reasonable accommodations upon request. Please contact us at 703-614-6332 at least one (1) week in advance of the event.

Single Marine Program Pool Party

SMP Pool Party

Friday, September 17

1700-2000

Free at Zembiec Pool

Open to Single Marine Program only!

Fun, Cookout food, Pool/Outdoor games, Prize, Raffles and Giveaways

For more information, contact the SMP Coordinator at

703-979-8420 ext.313 or 703-220-1001



Resilient Individuals Supporting Each Other (R.I.S.E) Support Group

This group is for individuals seeking a safe place to discuss and receive support regarding relationship patterns that are causing you to feel isolated, belittled, controlled or unsafe. Henderson Hall FAP Staff will facilitate discussions.

For Who: All DOD uniformed personnel and those who are able to be seen at a military treatment facility.

When: The last Thursday of every month from 1 - 3pm

Where: Henderson Hall Bldg 12 x (next to Bldg 12 and the car wash)

For more information and list of classes, please click [here](#).

Behavioral Health (front desk): 703-614-7204



The poster features a person in a red hoodie holding a sign that reads "LOVE SHOULDN'T HURT". Below the person, the text "R.I.S.E." is written in large, white, stylized letters. Underneath "R.I.S.E.", it says "RESILIENT INDIVIDUALS SUPPORTING EACH OTHER".

About: This group is for individuals seeking a safe place to discuss and receive support regarding relationship patterns that are causing you to feel isolated, belittled, controlled or unsafe. Henderson Hall FAP Staff will facilitate discussions.

For Who: All DOD uniformed personnel and those who are able to be seen at a military treatment facility.

When: The last Thursday of every month from 1 - 3pm

Where: Henderson Hall Bldg 12 x (next to Bldg 12 and the car wash)

Contact:
 Natalia Tyrrell, Victim Advocate 703-693-7181
 Email: natalia.tyrrell@usmc-mccs.org

46th Marine Corps Marathon Weekend Update

The Marine Corps Marathon Organization (MCMO) is excited to announce that the 2021 Marine Corps Marathon (MCM) Weekend will be held live and in-person this October 29 – 31 in Arlington, Virginia and the nation's capital! The 2021 MCM Weekend includes the live 46th MCM, MCM50K and MCM10K on Sunday, October 31, with all three events being offered as virtual options as well between October 1 and November 11.

At this time, access to the virtual event is closed. If available, general entries to the live event will open to the public on Wednesday, May 26 at noon Eastern.

Please continue to check the [MCM website](#) and our social media channels for updates. All questions may be directed to MCMCustomerService@usmc-mccs.org.

For more information and to register, please click [here](#).



The poster has a dark blue background with a network of white lines. At the top, it says "BREAKING NEWS" in large, white, bold letters. Below that, it says "MCM WEEKEND IS GOING LIVE!" in large, white, bold letters. At the bottom, it says "THE 2021 MCM WEEKEND WILL BE HELD LIVE AND IN-PERSON THIS OCTOBER 29 - 31 IN ARLINGTON, VA | #RUNWITHTHEMARINES" in small, white, bold letters.

USO Metro—MilFam Market

On the third Thursday of each month, the USO-Metro will conduct their MilFam Market event here on JBM-HH. This event provides fresh produce and non-perishable goods free of charge to active duty military families, veterans, retirees, reservists, and National Guard.

Please see the following details for volunteer participation in this wonderful event:

WHAT: USO-Metro MilFam Market on JBM-HH (**RAIN OR SHINE**).

WHO: Volunteers are needed to assist with this event (masks/face coverings will be worn and social distancing observed at all times)

WHERE: JBM-HH Tri-Service parking lot (the parking lot across from the JBM-HH Community Center, Bldg. 405). Item delivery will be by contactless drive through and through designated walk up service line.

WHEN: 9:00am -1:00pm for volunteers (Event time is 10:30am-12:00pm) on the following dates:

9/16/21, 10/21/21, 11/18/21, and 12/16/21.



Due to the nature of the event and location, USO-Metro reserves the right to alter the event start and end time to best accommodate guests and volunteers. You will be notified directly if this occurs.

VOLUNTEERS POC INFO: Ms. Carla Moss is the POC for volunteers at 703-655-6091. Please let me know which dates you are interested in volunteering for and include your contact information.

VOLUNTEER ARRIVAL/DEPARTURE TIMES: Volunteers will arrive at JBM-HH Community Center at NLT 9:15am to meet up with Ms. Moss or Mr. Dencil Harrison. Delivery from CAFB warehouse will arrive at our installation between 8:45am-9:30am. Volunteers should be done with event clean-up NLT 1:00pm.

VOLUNTEER DUTIES: Volunteers will prepackage items and then provide items to drive up/ walk up clients, assist with customer surveys, help unload delivery truck, set-up for event, receive safety briefing, prepackage items, safely distribute items to customers, then clean-up area at end of the event. Customers will arrive on site beginning at 10:15am for event opening and all events thereafter. Signs will be posted to direct customers where to go for their item pick-up at event start up. All volunteers and staff participating will receive on the spot training and a safety briefing before event begins.

VOLUNTEER AND STAFF ATTIRE: All staff and volunteers will wear appropriate, comfortable casual wear with closed toe footwear. Appropriate cold weather and outer wear such as jackets, raincoats, umbrellas etc. is permitted and encouraged due to constant changes in outdoor weather. Weather forecast is calling for rain this day so please dress for rainy weather. Feel free to bring umbrellas, ponchos, etc.

SAFETY: Gloves and masks/face coverings will be worn at all times and social distancing will be observed by all.

DEERS/RAPIDS ID Card Center



THE HENDERSON HALL ID CARD CENTER WILL BE OPERATED BY APPOINTMENT ONLY.

The Henderson Hall ID Card Center is now located on the 3rd floor of the Marine Corps Exchange. **The ID card center has new hours of 0900 to 1700 with the last customer being called in at 1630, by appointment only.** In order to maintain appropriate safety measures there will be only two customers allowed in the office at one time.

In order to maintain appropriate safety measures there will only be one ID Card Representative in the office at one time and they will only allow one customer in the office at one time.

All personnel are required to use the following website to book appointments: <https://idco.dmdc.osd.mil/idco/locator>.

All personnel issued a new CAC will be required to logon to their government workstation used for telework and connect to the MCEN network in order to cache the PKI credential that were loaded to their new ID Card prior to returning to telework. Network access to the support telework through the workstation will not be available until this action is complete.

Please note that if you have swipe access to your work locations such as the Pentagon. The ID Card Center at Henderson Hall cannot load your card with those specific permissions.

You may also visit <https://www.cac.mil/Coronavirus> for step-by-step instructions and eligibility.

Assistance: For questions or concerns, please contact the DEERS/RAPIDS Center at (703) 693-7152.

Commissary Updates

The Commissary has begun early bird services every day. The Commissary hours are now Monday to Friday from 7 a.m. to 7:30 p.m., Saturday 7 a.m. to 6:30 p.m. and Sunday 7 a.m. to 6 p.m.

This week the commissary said hello to Commissary CLICK2GO, an online shopping and curbside pickup service you can access from your mobile devices. For full details, visit <https://www.commissaries.com/shopping/click-2-go>.

For additional information on the Fort Myer Commissary, visit the Commissary official website at <https://www.commissaries.com/shopping/store-locations/>

COMMISSARY

CLICK2GO

As Easy As 1-2-3

- 1 Place your order on our website.
- 2 We'll select and bag your groceries.
- 3 Drive to the store and pick it up!

MONDAY - FRIDAY
11:00 AM - 6:00 PM

ORDER ONLINE 24/7
my.commissaries.com

Personal Financial Management



CONTROLLING YOUR FINANCES

Fridays
12 - 1 p.m. EST

TAKE CONTROL OF YOUR FINANCES, BEFORE THEY TAKE CONTROL OF YOU!

This class covers:

- Credit and Debt
- Using credit wisely
- Credit scores and reports
- Managing debt

This weekly class will be facilitated by the Henderson Hall Personal Finance Counselor, Rob Rea, CFP®.

To sign up please send an email to PFC.Henderson.USMC@Zelders.com

Let **2021** be **YOUR** year!

MARINE & Family

If you have any questions, contact (202) 384-5731



UNDERSTANDING YOUR THRIFT SAVINGS PLAN (TSP)

Wednesdays
12 - 1 p.m. EST

FINALLY, UNDERSTAND YOUR TSP BENEFITS!

This class covers:

- How to enroll
- The tie in with the Blended Retirement System
- The difference between Traditional and Roth accounts
- Fund investment options

This weekly class will be facilitated by the Henderson Hall Personal Finance Counselor, Rob Rea, CFP®.

To sign up please send an email to PFC.Henderson.USMC@Zelders.com.

Let **2021** be **YOUR** year!

MARINE & Family

If you have any questions, contact (202) 384-5731



Introduction to TAXES

AD, Retirement and Transition

Taxes are the price we pay to live in a civilized society.
~Oliver Wendell Holmes - Acting Chief Justice of the United States...1930~

This class covers:

- Explain the different types of taxes
- Discuss strategies for legally minimizing the amount of tax you pay

This class will be facilitated by the Henderson Hall Personal Financial Management Specialist: Letty Stevens AFC® CRPC®

To sign up please send an email to Leticia.Stevens@usmc.mil

Let **2021** be **YOUR** year to understand taxes!

MARINE & Family

If you have any questions, contact (703) 614-6950

<http://www.mccshh.com/finance.html>

Click on the flyer to view in its entirety.

Payroll Deferral Update

Payroll Tax Deferral - The Good News is the repayment deadline has been extended from April 2021 to December 31, 2021, lengthening the repayment period for Federal Workers and Service members.

Collection Information on Tax Deferral: <https://www.dfas.mil/taxes/Social-Security-Deferral/Military-FAQs/>

Frequently Asked QUESTIONS?

- Will I be required to pay back the Social Security taxes that are deferred?
- I had taxes deferred between September and December 2020. How will the deferred taxes be repaid?
- How will a military member know the total amount of 2020 deferred taxes to be collected in 2021?
- **I am separating from military service, how will my deferred Social Security taxes be collected?**
- How can military members calculate their Social Security tax deferral to prepare for repayment in 2021?
- Other Tax Deferral Impacts
- **How will this affect my 2020 and 2021 W-2?**
- Will I be required to file a 2020 amended tax return after receiving the Form W-2C?
- Does this affect any of my other tax withholdings?
- How will the Social Security (OASDI) deferred taxes impact my federal and state income tax liability?
- Does the Social Security (OASDI) tax deferral impact contributions to my Thrift Savings Plan (TSP) account?
- Is my military retirement pay impacted by the Social Security tax deferral?

GET ANSWERS: Collection Information on Tax Deferral: <https://www.dfas.mil/taxes/Social-Security-Deferral/Military-FAQs/>

If you are planning to or have separated in 2021:

If you separate or retire in 2021, before the deferred Social Security tax is collected in full, the unpaid balance will be collected from your final pay. If there are insufficient funds to collect the full amount, you may receive a debt letter with instructions for repayment.

Additional Office Info & Links
<u>BN Phone Directory</u>
<u>Shuttle Schedule</u>
<u>S-1 Adjutant</u>
S-6/Communications: <u>Restart Computers, Training Opportunities</u>
Company Command: <u>HQ & A Co,</u> <u>B Co,</u> <u>C Co</u>
<u>HH MCX Sales and Promotions</u>
NEW <u>Behavioral Health</u>
<u>USO Metro</u>
NEW <u>JBM-HH E-Newsletter</u>
<u>Pentagram</u>

To view all MARADMINS and other publications, please visit www.marines.mil.

For updated information, please visits the websites below

[U.S Marine Corps \(COVID-19\)](#)

[Coronavirus Disease 2019 \(COVID-19\)](#)

[What the U.S. Government is Doing](#)

[WHS COVID-19 Guidance](#)

[Center of Disease Control-](#)

[U.S Department of Defense-](#)

For additional guidance regarding civilians, to include FAQs and policy guidance:

<https://www.manpower.usmc.mil/webcenter/portal/MPC40>



Scan to view our Command Website